

About Curves...

No Drugs! No "Passive" Exercise!

No Gymnastics!

Just Fast • Fun • Fitness

We're the fastest growing fitness franchise in America!

Curves is the first to...

- Create a 30 minute total workout!
- Bring quality women's fitness to small town America!
- Provide a women's strength training program to raise metabolism and protect muscles!
- Offer weight loss guidance and exercise – same place, one price!
- Offer affordable monthly dues...



HOURS

Larchmont

Monday through Thursday
6:30 am - 1:30 pm & 3:15 - 8 pm
Friday: 6:30 am - 1:30 pm & 3:15 - 7 pm
Saturday: 7:30 am - 1:30 pm

White Plains

Monday through Thursday
7 am - 1:30 pm & 3:15 - 8 pm
Friday: 7 am - 1:30 pm & 3:15 - 7 pm
Saturday: 8 am - 12:30 pm

Rye Brook

Ardsey

Darien

Greenwich

Monday through Thursday
6:30 7 am - 1:30 pm & 3:15 - 8 pm
Friday: 7 am - 1:30 pm & 3:15 - 7 pm
Saturday: 7:30 am - 1:30 pm

Hours subject to change



"30 Minute Fitness & Weight Loss Centers."



LARCHMONT

2098 Boston Post Road
833-3939

RYE BROOK

5 Rye Ridge Plaza
690-0100

WHITE PLAINS

20 East Post Road
328-3555

ARDSLEY

875 Saw Mill River Road
674-4200

DARIEN

876 Boston Post Road
(203) 655-0100

GREENWICH

37 West Putnam Avenue
(203) 661-2700

Join Now!!!!

Ask about our Specials!

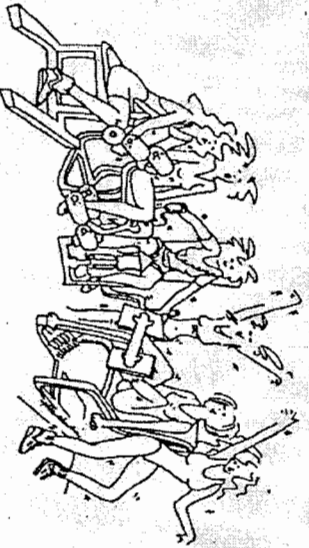


Why the Quickfit System from Curves?

It's so fast you can work it into your busy schedule. You will receive a complete workout of cardio and strength training in Only 30 minutes. Our breakthrough Quickfit aerobic exercise circuit, employing cutting-edge hydraulic resistance, is the key to permanently losing unwanted body fat.

It's Fun

Music makes your workout fun. You won't get bored because you have to move to a different exercise every 35 seconds. At the end of 30 minutes, you will have performed a minimum of three sets of strength training exercises on every major muscle group, kept your target heart rate and burned up to 500 calories.



A Facility for Women Only

Curves for Women is exclusively for women.

It's Extremely Safe

Hydraulic resistance is much like aquatic exercise, only the fluid and movement is more controlled. Safe, accommodating resistance keeps you moving smoothly and safely around the Quickfit Circuit, without injury-inducing traumatic impacts.

It's Simple

Even the least athletic lady can follow this program. We teach you uncomplicated workout activities in just a few minutes. There are no weight stacks to manage, no techniques to master or complete routines to memorize.

The First 30 Minute Workout

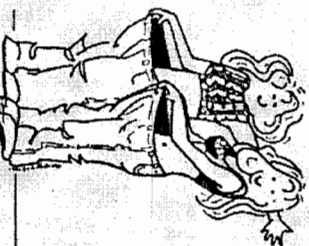
To be effective, a workout requires 5 exercise components. Our Quickfit Circuit gets you through all five in 30 minutes.

- ★ Warm up
- ★ Cool down
- ★ At least 20 minutes of sustained target heart rate
- ★ Strength training on all major muscle groups
- ★ Stretching for elasticity

The First Training Program Designed for Overweight Women

You start at a level of intensity and pace that is appropriate for your current level of fitness.

- ★ Equipment fits your body
- ★ No exercise experience is necessary
- ★ Very safe with almost no soreness
- ★ Lasts only 30 minutes



Safe for Older Members


- ★ Uncomplicated exercises
- ★ Raises metabolism
- ★ Strong muscles
- ★ Takes stress off bones and joints
- ★ Exercise at your own level

Challenging

Professional athletes use hydraulic resistance because it increases power, not just strength and does not cause micro tears of the muscle.

Shoppers Guide • Where Smart Shoppers Look First • April 26, 2007 • For Advertising Information Call (914) 592-5222

OH



Curves
FOR WOMEN
"30 Minute Fitness & Weight Loss Centers"

It's More Fun With A Friend

Only At **875 Saw Mill River Rd. • Ardsley, NY**
(914) 674-4200

Lose Twice As Much!

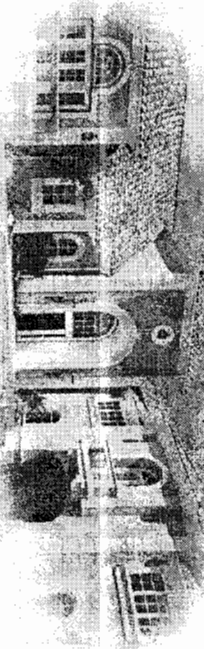
2 for 1

Join with a friend before 4/30/07
Minimum 12 months membership required.

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